

Get Your Flu Shot!



Flu Shots will be offered
at both locations of
Senior Services.

Mocksville Site:

Oct. 11 - 9:00am - 3:00pm

Oct. 21 - 9:00am - 12:00pm

Farmington Site:

Oct. 20 - 10:00am - 1:00pm

You must have an appointment.

See details on pages 2 & 23
concerning what insurance is
accepted or what fees are
involved.

WHEN IT'S TIME TO DONATE . . . REMEMBER YOUR CENTER

Are you thinking of donating to a worthy organization instead of exchanging holiday gifts? Maybe you are making an end of the year donation, or are doing your estate planning and looking for a place to leave a lasting legacy. Senior Services works hard to maintain healthy, engaging programs and needed services for our participants. Financial contributions are gladly welcomed to help fund these programs and plan for future needs. Please remember Davie County Senior Services when it comes time to make donations...and why not ask your family members to do the same? Our programs, activities and services offer ways to help adults remain independent longer. That is a gift that will be remembered.

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OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

Our Mocksville site is located at 278 Meroney Street. Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 5:00pm, Saturday - 9:00am - 1:00pm. Phone Number is 336-753-6230.



ASK THE DOCTOR

Mon., October 3 - 10:45 - 11:15am - MP Room A

Speaker: Dr. George Kimberly

See all the details on page 14.

LIVING HEALTHY CLASSES

Mondays, October 3 - November 7 - 1:00pm - Classroom A

Instructors: Helen Mack & Joe Dzugan
RSVP by September 26

Cost: Free - Available to 60 & older only

Almost half of our population lives with a chronic disease, which often requires continuous management via medications and/or lifestyle changes. They can lead to other diseases and can be a costly health expense. How does one avoid chronic diseases such as COPD, diabetes, fibromyalgia, arthritis, or cancer? Research has shown that leading a healthy lifestyle can have a big impact on whether or not we face many chronic diseases. More important to those of us already dealing with a chronic condition is the fact that making healthy lifestyle changes *now* can affect the severity and progression of many of these same chronic conditions! The Living Healthy program teaches participants how to get control of their chronic disease and to lead a healthier, more fulfilling life. This program is available to those 60 and older.

SENIOR FINANCIAL CARE

Tuesday, October 4 - 8:30am - 4:30pm - by appt. - Media Room

Counselors provided by Senior Financial Care of Winston Salem

See all the details on page 18.

BLOOD PRESSURE SCREENINGS

Tues., October 4 - 10:45am - MP Room A

Screener: Davie County Home Health representative

See all the details on page 14.

MASSAGE THERAPY

Tuesday, October 4 - 1:00pm - 4:00pm - by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 14.

DUPLICATE BRIDGE

Wed., October 5 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 13.

FALL FEST - VOLUNTEERS NEEDED

Friday, Oct. 7 - 12:30pm - Davie Place

Wednesday, Oct. 12 - 2:30pm - Bermuda Commons

Wednesday Oct. 19 - 10:30am - Autumn Care

Each year Senior Services visits long term care facilities in our community to host a small carnival style program for their residents. Volunteers are needed for each facility's event. If you can help on any of the above dates, please give us a call.

HANDBELLS

Friday, October 7 - 10:00am - MP Room B

RSVP by September 30

See all the details on pg. 15.

FLU SHOTS - TWO DAYS!!

Tuesday, October 11 - 9am - 3pm

Or

Friday, October 21 - 9am - 12pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for the following insurance holders:

- Medicare Part B
- PFFS type Medicare Advantage Plans
- Aetna
- BCBS of MA



(continued on other page)

OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE

- Blue Cross Blue Shield of North Carolina
- Humana Gold Choice
- National Union Fire Insurance (Pearce Administration)
- Premera Blue Cross
- SummaCare
- Today's Options
- Universal Health Care

You must bring your insurance card in with you. If you do not have one of these insurances, the cost will be \$30.00 for the flu shot & \$65.00 for the pneumonia shot. Shots will also be given at the Farmington site on Oct. 20 from 10:00 - 1:00pm.

SCRAPBOOKING

Tues., October 11 - 2:00pm - Classroom B

RSVP by October 4

See all the details on pg. 8.

ALZHEIMER'S SUPPORT GROUP

Tues., October 11 - 6:30pm - Classroom B

See all the details on pg. 18.

DUPLICATE BRIDGE

Wed., October 12 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 13.

KNITTING/CROCHETING GROUP

Thurs., Oct. 13 - 1:00 - 3:00 - Classroom B

See all the details on pg. 10.

OVERACTIVE BLADDER SYNDROME: TYPES & RISK FACTORS

Thurs., October 13 - 1:00pm - MP Room B

Speaker: Dr. John B. Davis, Davis Urology

RSVP by Oct. 6

People who feel the need to urinate frequently or suddenly or who lose urine for no apparent reason may have overactive bladder. The condition affects 17 million Americans. Learn more about this condition at this informative seminar. It is open to adults of any age – no children please.

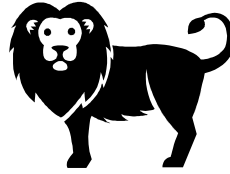
Qualifies for Destination Fitness drawing.

DESTINATION FITNESS TESTING

Monday, October 17 - 9:30 - 11:00am -

Exercise Room - By appointment only

See all the details on pg. 16.



MONTHLY MOVIE - "SECONDHAND LIONS"

Monday, October 17 - 2:00pm-

MP Rooms A & B

Cost - Free

RSVP by Oct. 10

MPLC license No: 12377840

In 1960s Texas, timid teen Walter (Haley Joel Osment) is forced to spend the summer with his rich and eccentric great-uncles (Michael Caine and Robert Duvall) on their farm. Over time he learns surprising tidbits about their mysterious and dangerous pasts. Emmanuelle Vaugier plays an Arabian sultan's daughter, with whom Duvall's character fell in love years ago. Kyra Sedgwick co-stars. This movie is rated PG for thematic material, language and action violence. Run time is approximately 1 hour and 51 minutes. It is open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

MASSAGE THERAPY

Tuesday, October 18 - 9:30am - 4:00pm - by

appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 14.

SENIOR LUNCH

Tuesday, October 18 - 11:30am -

Multipurpose Room B

Cost - Free

Topic/Speaker - "Halloween: A Preacher's Perspective", Rev. Christopher Burcham, Union Hill Baptist Church

RSVP by Oct. 11 - Limited to 90 participants

This quarter we will have an interesting program about Halloween, as seen through a preacher's eyes. The program will be followed by a delicious lunch. Open to adults 55 and older and exceptions under the general participation policy.



OCTOBER SPECIAL EVENTS - MOCKSVILLE SITE



MATTER OF BALANCE

**Tuesdays, October 18 - Dec. 6 -
2:00pm - 4:00pm - Multipurpose
Room B**

Cost - Free

Instructors - Kelly Sloan & TBA

RSVP by Oct. 11

This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Ideal candidates are those who have sustained a fall in the past, restrict activities because of concerns about falling, are interested in improving flexibility, balance and strength, are ambulatory and able to problem-solve. Each session is two hours and you should attend all 8 sessions. Open to adults 55 & older.

SENIOR BOOK CLUB

Tues., October 18 - 2:30pm - Classroom A

RSVP by Oct. 11

See all the details on page 14.

BEGINNER'S GENEALOGY CLASSES

**Fridays, October 21 - November 18 (no
class Nov. 11) - 10:00am - 12:00pm -
Classrooms A & B**

Instructor: Marie Roth

Cost: Free

RSVP by: Oct. 14

Ms. Roth has taught genealogy classes for 30 years and was Director of a Family History Center for 20 years. Come reap the benefits of her experience and learn to start tracing your genealogy today. Open to adults 55 and older and exceptions under the general participation policy.

THEATRE CLUB

Tues., October 25 - 1:00pm - Classroom B

See all the details on pg. 15.



HALLOWEEN PARTY & SUPPER

**Tuesday, October 25 - 6:00pm - MP
Rooms A & B**

Cost: Free

**RSVP by: Oct. 18 - Limited to 130
participants**

For this year's Fall party we will celebrate Halloween with a costume party. Come dressed in your favorite costume and we will have a costume contest along with other fun activities. A soup or chili supper will be served as well. Costume is not required for participation in the party. Open to adults 55 and older and exceptions under the general participation policy.



INTERGENERATIONAL MOVIE - "MEGAMIND"

Wed., October 26 - 2:00pm - MP Rooms A & B

RSVP by Oct. 19

MPLC license No: 12377840

When a cunning super villain (voiced by Will Ferrell) accidentally kills his crime-fighting nemesis, the rogue suddenly finds life boring and uninspired. So, he creates a new enemy (Jonah Hill) who seeks to destroy the world, forcing Megamind to play the hero role for once in his life. This hilarious 3D animated feature also features the voices of Brad Pitt and Tina Fey. It is rated PG for action and some language. Run time is approximately 1 hour and 36 minutes. This is an early release day for Davie County schools and you are welcome to bring your grandkids, great-grandkids, etc. All children must be accompanied by an adult. *In order to make our events more accessible, closed captioning will be used for all movies.*

KNITTING/CROCHETING GROUP

Thurs., October 27 - 1 - 3pm - Classroom B

See all the details on pg. 10.

ANDY GRIFFITH SHOW

Friday, October 28 - 10:30am - MP Room A

Episode: "Quiet Sam"

RSVP by October 21

See all the details on pg. 15.

OCT NOV SPECIAL EVENTS - MOCKSVILLE SITE



PART D ENROLLMENT DAY

Friday, October 28 - 1:00 - 5:00pm
(by appointment only)

RSVP no later than Oct. 21

The Open Enrollment Period to get or make changes to your Part D Medicare prescription plan is Oct. 15 - Dec. 7. SHIP counselors will be on hand on Oct. 28 to help you make those changes. This day will be set aside for Part D plans only. We can also help screen or apply you for "extra help" with your prescription costs. If you need other help with your Medicare (choosing a supplement, getting an Advantage plan, etc.) please call for an appointment with a SHIP counselor for another time. Open to anyone on Medicare.

SENIOR FINANCIAL CARE

Tuesday, November 1 - 8:30am - 4:30pm -
by appt. - Media Room

Counselors provided by Senior Financial
Care of Winston Salem

See all the details on page 18.



BLOOD PRESSURE SCREENINGS

Tues., November 1 - 10:45am - MP
Room A

Screener: Davie County Home Health
representative

See all the details on page 14.

MASSAGE THERAPY

Tuesday, November 1 - 1:00pm - 4:00pm -
by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 14.

DUPLICATE BRIDGE

Wed., November 2 - 2:00 - 6:00pm -
Multipurpose Room A

Cost: Free

See all the details on pg. 13.



CHRISTMAS ORNAMENT CRAFT

Thursday, November 3 - 1:00pm -
Multipurpose Room A

Cost: Free - Bring Your Own
Supplies

RSVP no later than Oct. 27

For this craft we will make a beautiful Christmas ornament out of an old CD. There is no charge for this, but you should bring your own supplies (fabric and an old cd). Come by or call for a list of specific sizes of fabric. An example is on display at Senior Services. If you have old CD's you could donate, please do so in case others do not have any. Open to adults 55 and older and exceptions under the general participation policy.

HANDBELLS

Friday, November 4 - 10:00am - MP Room B

RSVP by Oct. 28

See all the details on pg. 15.

ASK THE DOCTOR

Mon., November 7 - 10:45 - 11:15am -
Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on pg. 14.

LATEST INFORMATION ABOUT ALZHEIMER'S DISEASE

Monday, November 7 - 1:00pm - MP Room B

Speaker: Dr. Jeff Williamson, Director of
Geriatrics & Gerontology, Wake Forest
University School of Medicine

RSVP by: October 31

Dr. Williamson will present the latest information about Alzheimer's and discuss what he learned from the International Alzheimer's Meeting. This seminar is open to adults of any age - no children please.

Qualifies for Destination Fitness drawing.

SCRAPBOOKING

Tuesday, November 8 - 2:00pm - Classroom B

RSVP by November 2

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, November 8 - 6:30pm - Classroom B

See all the details on pg. 18.

NOVEMBER SPECIAL EVENTS - MOCKSVILLE SITE

DUPLICATE BRIDGE

Wed., November 9 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 13.

KNITTING/CROCHETING GROUP

Thurs., Nov. 10 - 1 - 3pm - Classroom B

See all the details on pg. 10.



VETERAN'S LUNCH OR DINNER

Thursday, November 10 - 1:00pm

Or

Thursday, November 10 - 5:30pm -

MP Rooms A & B

Choose the time that works for you.

Cost: Free

RSVP deadline: Nov. 3 (or when spaces fill)

All veterans and active military personnel and one guest are invited to a meal in their honor. We'll have great entertainment and food. Due to the overwhelming response we will have two events this year. Please call and sign up for the one that you wish to attend. Both events will have a delicious meal. The lunch event will feature entertainment by "The Andrews Sisters". The dinner event will feature bluegrass music by MJ and Friends. Space is limited at each event, so call early to ensure you get to come at the time you desire.

MASSAGE THERAPY

Tuesday, November 15 - 9:30am - 4:00pm -

by appointment only - Classroom B

Cost: \$30.00 for 30 minute massage

See all the details on pg. 14.

SENIOR BOOK CLUB

Tuesday, November 15 - 2:30pm -

Classroom A

RSVP by November 8

See all the details on page 14.

CAREGIVER'S

THANKSGIVING DINNER

Tues., November 15 - 5:30pm -

MP Room B

RSVP by: November 8

November is Caregiver's Appreciation Month.

If you are an unpaid caregiver who provides ongoing care for an older adult, or have provided such ongoing care in the past year to an older adult who has passed away, we invite you and a guest to a relaxing Thanksgiving dinner. There will be great food and musical entertainment by a trio from the Winston Salem Community Orchestra. This event is also open to grandparents raising grandchildren. Caregivers are welcome to bring the loved one for which they are caring.



LUNCH WITH COUNTY COMMISSIONERS

Wednesday, November 16 - 12:00pm -

Multipurpose Room B

Cost: Free

RSVP by Nov. 9

This will be an opportunity to sit down with our County Commissioners, enjoy lunch, and ask them questions that are important to you. Open to adults 55 and older and exceptions under the general participation policy.

PART D ENROLLMENT DAY

Friday, November 18 - 1:00 - 5:00pm (by

appointment only)

RSVP no later than Nov. 10

The Open Enrollment Period to get or make changes to your Part D Medicare prescription plan is Oct. 15 - Dec. 7. SHIP counselors will be on hand on Oct. 28 to help you make those changes. This day will be set aside for Part D plans only. We can also help screen or apply you for "extra help" with your prescription costs. If you need other help with your Medicare (choosing a supplement, getting an Advantage plan, etc.) please call for an appointment with a SHIP counselor for another time. Open to anyone on Medicare.

DESTINATION FITNESS TESTING

Monday, November 21 - 9:30 - 11:00am -

Exercise Room - By appointment only

See all the details on pg. 16.

NOV EC SPECIAL EVENTS - MOCKSVILLE SITE



MONTHLY MOVIE - **"SECRETARIAT"**

Mon., November 21 - 2:00pm

RSVP by Nov. 14

MPLC license No: 12377840

When Penny Chenery (Diane Lane) agrees to take over her ailing father's thoroughbred stable, she transforms from housewife to horse breeder -- and owner of the colt that will take the 1973 Triple Crown -- in this dramatic biopic. The film explores Chenery's bond with "Big Red" and depicts her rise to greatness as the "first lady of racing." John Malkovich plays trainer Lucien Laurin, and Fred Dalton Thompson co-stars as big-shot breeder Bull Hancock. Run time is approximately 1 hour and 56 minutes and is rated PG for brief mild language. Open to adults 55 & older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies whenever available.*

THEATRE CLUB

**Tuesday, November 22 - 1:00pm -
Classroom B**

See all the details on pg. 15.



BINGO

**Wednesday, November 30 -
1:00pm - MP Room B**

**Cost: Free (Sponsored by
Edward Jones - Slayton Harpe,
Financial Advisor)**

RSVP by: Nov. 22

Our quarterly Bingo game offers great prizes and refreshments. Open to adults 55 & older and exceptions under the general participation policy.

GOODBYE FOOD PYRAMID - HELLO DINNER PLATE

**Thursday, December 1 - 1:00pm - MP
Room B**

Cost - Free

**Speaker: Mandi Irwin, Davie Co. Health
Dept.**

RSVP by Nov. 23

The Food Pyramid, which has been the symbol of nutritional guidelines for the past 20 years, has been replaced by a dinner plate. This version is meant to provide a fast, easy visual guide to healthy eating. Ms. Irwin will talk about the new symbol & the guidelines to better nutrition. Open to adults of all ages, no children please.

Qualifies for Destination Fitness drawing.

HANDBELLS

Friday, December 2 - 10:00am -

Multipurpose Room B

RSVP by Nov. 23

See all the details on page 15.

ASK THE DOCTOR

Monday, December 5 - 10:45 - 11:15am -

Multipurpose Room A

Speaker: Dr. George Kimberly

See all the details on page 14.

SENIOR FINANCIAL CARE

**Tuesday, December 6 - 8:30am - 4:30pm - by
appt. - Media Room**

**Counselors provided by Senior Financial Care
of Winston Salem**

See all the details on page 18.

BLOOD PRESSURE SCREENINGS

Tuesday, December 6 - 10:45am -

Multipurpose Room A

**Screener: Davie County Home Health
representative**

See all the details on page 14.

MASSAGE THERAPY

**Tuesday, December 6 - 1:00pm - 4:00pm - by
appointment only - Classroom B**

See all the details on pg. 14.

DUPLICATE BRIDGE

Wed., December 7 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 13.

□ DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE



KNITTING/CROCHETING GROUP

Thursday, December 8 - 1:00 -

3:00 - Classroom B

See all the details on pg. 10.

DESTINATION FITNESS BREAKFAST

Fri., December 9 - 9:00am - MP Room B

Sponsor: Davie County Hospital

Register no later than December 2

Logs due December 2 to Ina Beavers

For our next destination we will "walk" 130 miles to Old Salem. Everyone who participates in the Destination Fitness testing or is interested in participating in the program is invited. For more details on this program, see page 16.

SCRAPBOOKING

Tuesday, December 13 - 2:00pm -

Classroom B

RSVP by Dec. 6

See all the details on pg. 10.

ALZHEIMER'S SUPPORT GROUP

Tuesday, December 13 - 6:30pm -

Classroom B

See all the details on pg. 18.

DUPLICATE BRIDGE

Wed., December 14 - 2:00 - 6:00pm -

Multipurpose Room A

Cost: Free

See all the details on pg. 13.

CHRISTMAS PARTY

Friday, December 16 -

2:00pm - Multipurpose

Rooms A & B

Cost: Free

RSVP deadline: December 9, or when spaces are filled

Don't miss our annual Christmas party. There will be great refreshments and lots of fun. Entertainment will be provided "The Dynamic Duo of Diane Hawkins & Polly Miller". Open to adults 55 & older and exceptions under the general participation policy.

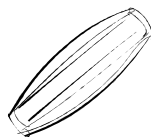


DESTINATION FITNESS TESTING

Monday, December 19 - 9:30 - 11:00am -

Exercise Room - By appointment only

See all the details on pg. 16.



MONTHLY MOVIE - "SOUL SURFER"

Mon., December 19 - 2:00pm - MP

Rooms A & B

Cost - Free

RSVP by Dec. 12

MPLC license No: 12377840

From director Sean McNamara comes this inspiring film that dramatizes the real-life story of Bethany Hamilton (Anna Sophia Robb), a Hawaiian teen who bravely returns to competitive surfing after losing her left arm in a vicious shark attack. On the road to recovery, the gutsy young wave-rider relies on determination, faith and family, including her mom (Helen Hunt) and dad (Dennis Quaid). Carrie Underwood, Craig T. Nelson and Kevin Sorbo co-star. This film is rated PG for an intense accident sequence and some thematic material. Run time is approximately 1 hour, 45 minutes. It is open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

MASSAGE THERAPY

Tuesday, December 20 - 9:30am - 4:00pm - by appointment only - Classroom B

See all the details on pg. 14.

VETERAN'S SOCIAL

Tues., December 20 - 10:30am - MP Room B

Cost - Free

Speaker: Dwight Holmes, Salisbury VA

RSVP deadline: Dec. 13

Senior Services and the Veteran's Service Office host this event. Any veteran is invited to come out for a time of socialization and refreshments. Mr. Holmes will discuss information important to veterans. We would like this to be a time of socialization, reminiscing and education for our veterans, therefore it will be limited to veterans only, no guests.

DECEMBER SPECIAL EVENTS - MOCKSVILLE SITE

SENIOR BOOK CLUB

Tuesday, December 20 - 2:30 - 3:30pm -

Classroom A

RSVP by Dec. 13

See all the details on page 14.

KNITTING/CROCHETING GROUP

Thursday, December 22 - 1:00 - 3:00 -

Classroom B

See all the details on pg. 10.

THEATRE CLUB

Tues., December 27 - 1:00pm - Classroom B

See all the details on pg. 15.

DINNER & A MOVIE - "TRUE GRIT"

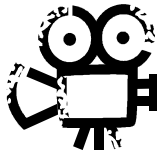
Thursday, December 29 - 5:30pm

Cost: Free

RSVP by Dec. 22 - Limited to 90 participants

MPLC license No: 12377840

Enjoy a light dinner then stay for the movie, "True Grit". After drifter Tom Chaney (Josh Brolin) murders her father, 14-year-old Mattie Ross (Hailee Steinfeld) hires alcoholic U.S. Marshal Reuben "Rooster" Cogburn (Jeff Bridges) to help her exact revenge. The disreputable lawman still has grit and mounts an epic search. Joining the duo on their quest is a Texas Ranger (Matt Damon) who's also hunting for Chaney in this updated Western that received multiple Oscar nods, including Best Picture. This movie is rated PG-13 for some intense sequences of western violence, including disturbing images. Runtime is approximately 1 hour and 50 minutes. It is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 90 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*



SPECIAL INFORMATION SECTION

It is our pleasure to serve all participants of Senior Services and we each truly consider it a blessing to do what we do each day. If we do not know you, please come up and introduce yourself. Here is a listing of staff members so that you can get to know us.

Full-time Staff:

Kim Shuskey, Director

Ina Beavers, Program Coordinator

Beth Haire, Administrative Assistant

Nancy Luckey, Nutrition Program Coordinator

Kelly Sloan, Community Resource Specialist

Part-time Staff:

Janet Ball, Farmington Nutrition Site Manager

Tammy Hicks, Evening Receptionist

Beverly Maurice, Rental Facilities Manager

Tracy O'Neal, Morning Receptionist/SHIIP Coordinator

Barbara Thornton, Senior Center Aide

Please keep the following in mind when participating in Senior Services activities:

- No children should be brought to an activity unless it is designated as an intergenerational event in the newsletter.
- When refreshments are served at events please enjoy an extra serving if there is food left after everyone is served. However, because of food safety concerns and liability issues, no food is allowed to be taken out of Senior Services.
- We encourage you to sign up for events as early as possible to help us get an idea of how many will attend, to ensure that there will be enough participation to hold certain classes and events, and to ensure your spot in the events of your choosing. If something comes up and you are unable to make it to an event, please call us as soon as you know this. You do not have to wait until we call you to remind you. Early cancellations may allow others on waiting lists to participate.

Thank you for your cooperation.



Arts & Crafts

QUILTING

Each Monday - 10:00am - 12:00pm

- Classrooms A & B

Join this talented group who loves to quilt. Bring your supplies and work with, and learn from, other quilters. No instruction is provided. This is an intergenerational program.

DAVIE CO. QUILT GUILD

3rd Monday of each month at 6:30pm

- (Oct. 17, Nov. 21, Dec. 19)

- Multipurpose Rooms A & B

President: Gina Booe

Membership Dues: \$20.00 year

Monthly meetings may include show & tell, demonstrations, guest speakers or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

ART - STILL LIFE & LANDSCAPES

Mondays - 9:00am - 12:00noon

- Multipurpose Room B

Instructor: Annette Ratledge

Cost: Furnish your supplies

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to first class before buying supplies.** Open to adults 55 & older.

SCRAPBOOKING

2nd Tuesday of each month - 2:00pm

- Classroom B - (Oct. 11, Nov. 8, Dec. 13)

Group Leader: Barbara Thornton

Cost: Free

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This is an intergenerational program.

WOODCARVING

Wednesdays - 9am - 11am - Classroom A

Facilitator - Tim Trudgeon

Cost: Free

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. All levels are welcome - beginner to advanced. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

TATTING

Wednesdays - 1:00 - 3:00pm - Classroom B

Cost - Free

Join this group who loves to tat. Bring your supplies and work with, and learn from, other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided.

KNITTING/CROCHETING GROUP

2nd & 4th Thursdays of each month - 1:00pm - 3:00pm - Classroom B

All knitters and crocheters are invited to join this group. Twice a month they will get together to make afghans for service organizations in Davie County. If you do not knit or crochet, you may help the group join squares together. Donations of yarn are also appreciated.



Computer Lab & Classes

UPCOMING COMPUTER CLASSES:

Instructor: Jackie Allen

Cost: Free

Location: Senior Services' Media Room

Register by: No later than 1 week prior to 1st day of class (Note - classes fill quickly, so you may want to register early)

Class Size: Limited to 10 students

COMPUTER BASICS

This class is for those of you who have never used a computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. *This class is 3 days.*

Upcoming Sessions:

- Oct. 13, 17 & 20 (Thurs., Mon., Thurs.) - 6:00 - 8:00pm - Media Room
- Oct. 17, 21 & 24 (Mon., Fri., Mon.) - 3:00 - 5:00pm - Media Room

ONLINE ACTIVITIES - MOCKSVILLE SITE

BEGINNING COMPUTERS

This class is suitable for those who have very little knowledge of computers, but do know how to use the mouse/keyboard. We will discuss the parts of the computer and what to look at when purchasing a computer. Also we will spend time on the Internet, making sure you know how to go directly to a web site. We will also become familiar with the layout of Microsoft Word. *This is a 4 day class and is intended for those with mouse/keyboard skills.*

Upcoming Session:

- Nov. 29, Dec. 1, 5 & 8 (Tues., Thurs., Mon., Thurs.) - 4:00 - 7:00pm - Media Room

EMAIL LEVEL 1

This is a way to communicate electronically. Learn the proper way to send an email and to include attachments. Learn how a virus and/or spyware impacts sending/receiving emails. Contact your internet provider to find out how home. You will need your login name and password. If you do not have an email address we can set one up for you using a free email service. You will need to come in 15 minutes early the first day so we can set this up before class begins. *This class is 3 days & is intended for students who have a basic understanding of computers. Mouse & keyboard skills required.*

Upcoming Sessions:

- Oct. 3, 7 & 14 (Mon., Fri., Fri) - 3:00 - 5:00pm - Media Room
- Nov. 14, 15 & 17 (Mon., Tues., Thurs.) - 6:00 - 8:00pm

Be Sure to Look at Class Requirements

Certain skills are required for various computer classes and one-on-one instruction cannot be provided during classes. Please make sure that you have had the previous classes required (or the skills that would have been taught in those classes) before you sign up for a computer class. *Thank You!*



Drop In Activities

Senior Services invites you to drop by anytime to take advantage of the following:

- | | |
|----------------|-------------------|
| * Board Games | * Music |
| * Books | * Newspapers |
| * Cards | * Ping Pong Table |
| * Checkers | * Puzzles |
| * Chess | * Scales |
| * Computer Lab | * Shredder |
| * Fitness Room | * Videos |
| * Magazines | * Wii |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

Exercise



SILVERHEALTH

Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room

Instructor: Ina Beavers, Program & Outreach Coordinator

Cost: Free

If you are looking for a beginner class, this is for you. This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.

MORNING WAKE UP PROGRAM

Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room

Instructor: Ina Beavers, Program & Outreach Coordinator

This class is a continuation of the SilverHealth program. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

ONLINE ACTIVITIES - MOCKSVILLE SITE

YOGA FOR SENIORS

**Mondays & Wednesdays - October 3 -
December 28 - Exercise Room**

Instructor: Kim Smith

3 CLASSES TO CHOOSE FROM:

1:00 - 2:00pm

2:00 - 3:00pm

3:00 - 4:00pm

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 16 at 8:00am. You may only sign up for 1 yoga session per quarter.**

YOGA FOR SENIORS

**Wednesdays & Fridays - October 5 -
December 30 - 10:00am - 11:00am - Exercise Room**

Instructor: Melissa Marklin Rollins

Cost: Free (Donations to Senior Services are appreciated)

Limited to first 12 per session who register

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins September 16 at 8:00am. You may only sign up for 1 yoga session per quarter.**



TAI CHI

**Tuesdays - 10:00 - 11:00am -
Exercise Room**

**Instructor: Mike DePew, Beach 'n'
Tans**

Cost: Free (donations to Senior Services are appreciated)

The next session of Tai Chi will begin in January. Check the next newsletter for all the details.

DANCE PARTY AEROBICS

Tuesdays & Thursdays - 5:30 - 6:30pm

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

ARTHRITIC EXERCISE

**Every other Wednesday - 10:45 - 11:15am -
Multipurpose Room A**

Instructor: Nancy Luckey

This class focuses specifically on adults with arthritis, working mainly on flexibility. Other beginner exercisers may also benefit. Open to adults 55 & older and exceptions under the general participation policy.

LOW IMPACT AEROBICS

**Wednesdays & Fridays - 11:00am - 12:00
noon - Exercise Room**

Instructor: Lorri Carlton

Cost: Free (donations to Senior Services are appreciated)

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.



BOWLING LEAGUE

**Mondays - 8:30am - depart from
Rec. Dept.**

Cost: \$6.00 per session (3 games)

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

ONLINE ACTIVITIES - MOCKSVILLE SITE

WALKING

Weekdays - 6:30 - 9:00am - Parks & Rec.

The gym at Parks & Rec. is open each weekday morning for seniors to walk. Don't forget to record your mileage & sign up for our Destination Fitness program to earn great incentives. For more info. on walking availability call Parks & Rec. at 751-2325.

FITNESS ROOM

Mon - Thurs - 8:00am - 8:00pm

Fri - 8:00am - 5:00pm

Sat. - 9:00am - 1:00pm

Cost: Free (donations are appreciated)

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come, first serve basis. Each 15 minutes of exercise counts toward 1 mile in the Destination Fitness program. **You must call for an appointment for training. Training is required prior to the first time using equipment.**



Games

Wii GAMES

Time: Drop In Whenever Room is Available Exercise Classroom

In these sports video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used for classes. Call if you have a question regarding availability.

Available games include:

- | | | |
|----------|-------------|-------------------|
| * Golf | * Baseball | * Fishing |
| * Tennis | * Ping Pong | * Shooting Range |
| * Boxing | * Billiards | * Many, many more |

PING PONG

Our ping pong table is available on a drop in basis whenever the room is available. Call ahead if you have a question regarding availability.

SCRABBLE

Mondays - 1:00pm - Classroom B

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

SKIPBO

Every Wednesday - 1:00pm - Classroom A

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

DUPLICATE BRIDGE

1st & 2nd Wednesday - 2:00 - 6:00pm -

Multipurpose Room A

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

TEXAS HOLD EM

Thursdays - 1:00pm - Classroom A

This is the poker game that is sweeping the nation. This game is for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcome. Open to adults 55 & older & exceptions under the general participation policy.

BRIDGE

Fridays - 2pm - Classroom A

Bring some friends to play this timeless game. A foursome is required. If you are interested in playing but need to be placed with a group, please call Beth Haire at Senior Services. Open to adults 55 & older and exceptions under the general participation policy. Alternates may be under age 55.



Health & Wellness

DESTINATION FITNESS TESTING

3rd Monday of each month - 9:30 - 11:00am -
Exercise Room - By appointment only -
Oct. 17, Nov. 21, Dec. 19

Tester: YMCA or Sr. Services rep.

If you want to participate in the Destination Fitness Program, you need to participate in this testing. Current Destination Fitness members need to re-test every 6 months to track their progress. Please call for appointment.

ASK THE DOCTOR

1st Monday of each month - 10:45 am -
MP Room A - Oct. 3, Nov. 7, Dec. 5

Cost - Free

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older and exceptions under the general participation policy.

BLOOD PRESSURE SCREENINGS

1st Tuesday of each month - 10:45am -
MP Room A - Oct. 4, Nov. 1, Dec. 6

Tester: Davie County Home Health representative

Cost: Free

A trained professional will take your blood pressure at no charge.

PODIATRIST VISITS

THURSDAYS - EVERY 3 WEEKS - Call for current dates

8:30 - 10:00am - Classroom B

Cost: Usually Private Pay

Dr. Grady Dunn, podiatrist in Forsyth Co. brings his services to Senior Services every 3 weeks. Call Senior Services for current dates. Call Dr. Dunn's office directly at 768-9180 for more information on services and charges.

MASSAGE THERAPY

1st Tuesday of each month - 1:00 - 4:00pm

3rd Tuesday of each month - 9:30am -

4:00pm - by appointment only -

Classroom B - Oct. 4 & 18, Nov. 1 & 15, Dec. 6 & 20

Massage Therapist : Tammy Hauser, owner of In Touch Therapeutic Massage

License #5815

Cost: \$30.00 for 30 minute massage

Massage is a wonderful way to relax & it provides health benefits as well. Ms. Hauser will be here twice a month to offer massages customized to the client. Payment will be made at time of visit & will be collected by Ms. Hauser. After 2 missed visits, you will no longer be allowed to make appointments. Clients must be 55 or older. If appointments remain open the day before her visit, those under 55 may fill those slots. Massages will be offered on a table or in a chair. Let us know which you prefer.



Literary Arts

SENIOR BOOK CLUB

3rd Tuesday of each month - 2:30 - 3:30pm - Classroom A

Oct. 18 - "The Help" by Kathryn Stockett

Nov. 15 - "Den of Lions" by Alison Pickrell (author will be part of discussion)

Dec. 20 - "A Christmas Carol" by Charles Dickens

Leader: Genny Hinkle - Davie Co. Library

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so that we can continue to get the books at no charge. Co-sponsored with Davie Co. Public Library. Open to adults 55 & older and exceptions under the general participation policy.

ONLINE ACTIVITIES - MOCKSVILLE SITE

LIBRARY

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to recent publications (within the past 5 years) hardback books. We will donate any books we cannot use to another organization.



Lunch

Mondays - Wednesdays - 11:30am

Thursdays & Fridays - 11:00am - MP Room A

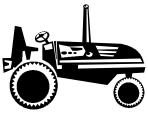
Staff Contact: Nancy Luckey, Nutrition Program Coordinator

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Interest



PIEDMONT POWER ASSOCIATION

1st Mon. of each month - 7:00pm - Multipurpose Room B (Oct. 3, Nov. 7, Dec. 5)

President: Arthur Bostick

Annual Dues: \$20.00

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific info. please call the group leader (call for number).

SENIOR SERVICES ADVISORY COUNCIL

4th Tuesday of every other month - 3:00pm - Media Room (November 22)

Staff Contact: Kim Shuskey, Director

This is a volunteer group appointed by Davie Co. Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



Stage, Screen & Music

DAVIE COUNTY SINGING SENIORS

Each Thursday - 10:00am - Multipurpose

Room B (Jan. - June/Sept. - Dec.)

Chorus Director: Marie Roth

Annual Dues: \$10.00

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

HANDBELLS

1st Friday each month - 10:00am -

MP Room B (Oct. 7, Nov. 4, Dec. 2)

Staff Contact: Kim Shuskey, Director

Join this group who have fun learning an easy version of handbells that combines bell ringing with full background music. No prior music experience is necessary to participate. Open to adults 55 & older and exceptions under the general participation policy.

THEATRE CLUB

4th Tues. each month - 1pm - Classroom B (Oct. 25, Nov. 22, Dec. 27)

Staff Contact: Barbara Thornton, Senior Center Aide

This group meets once a month to discuss various theatrical options in the area and choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.

ANDY GRIFFITH SHOW

4th Friday of each month - 10:30am - Multipurpose Room A

(Oct. 28, No meeting in November or December due to Holidays)

Cost: Free

We've all enjoyed the Andy Griffith Show for years. Come join your friends as we show an episode from the show each month. Open to adults 55 & older and exceptions under the general participation policy.

ONLINE ACTIVITIES - MOCKSVILLE SITE



Destination Fitness!

This joint effort between Senior Services, Parks & Rec., Davie Family YMCA & the Davie Co. Hospital rewards exercise. Each quarter there is a destination that you strive to reach. You keep track of the number of miles you walk & the number of approved exercise classes in which you participate. At the end of each quarter all participants are invited to a breakfast and those who have met their miles will receive a special prize. To participate, you need to fill out a participation form & complete a pre-program evaluation which will consist of a short survey & a few measurements. Follow up tests will be conducted every 6 months to help you see how your exercise program is benefiting you. In addition to the exercise programs, educational seminars will be offered & each quarter participants will receive a chance for a special prize based on attendance at these seminars. For complete information and forms, contact a staff member. **Testing dates will be the 3rd Mon. of each month at the Mocksville Site from 9:30 - 11:00am.**



Financial Support

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, many at no charge. To do this, donations are needed and appreciated. Individuals & organizations can contribute to the following areas:

- **General Support** - for the general operating expenses of Senior Services
- **Homebound Meals (Meals on Wheels)** - to provide meals to a senior who cannot cook for themselves and cannot come to the lunch program at the center
- **Endowment Fund** - to provide permanent financial support for programs & services

There are also many options available to give to Senior Services through your will. Please contact us for more information about planned giving. **Donations are tax deductible.**

Services



STAFF CONTACT FOR ALL SERVICES IS KELLY SLOAN, COMMUNITY RESOURCE SPECIALIST, UNLESS INDICATED OTHERWISE.

BUDDY PROGRAM

Staff Contact: Tracy O'Neal, Morning Receptionist

Cost: Free

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes". To request a buddy for a special event, please let us know when you sign up for the event.

CAREGIVING CLASSES & RESOURCE CENTER

Cost: Free

Our Resource Specialist can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

CAREGIVER SUPPORT PROGRAM

Cost: Free, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or have Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

OTHER ONLINE PROGRAMS SERVICES

ENSURE PROGRAM

Cost: Free, donations appreciated

This program provides free nutritional supplements such as Ensure to seniors whose doctors prescribe supplementation. Qualifying seniors must be an existing nutrition client or 60 or older and unable to tolerate solid foods. Call for appointment for an assessment. Home visits can be arranged.

FIDGET APRONS

Cost: Free

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided free of charge to anyone who can use one.

FRIENDLY VISITOR

Cost: Free

This program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week with a phone call the week in between are required of the program. More visits are encouraged.

HANDMADE PERSONAL ITEMS

Cost: Free, donations appreciated

Senior Services has access to handmade items for those in wheelchairs and walkers. Items include pillows, walker aprons and lap blankets. If you or someone you know can benefit from these items, please call our Resource Specialist.

HOMEBOUND MEALS

Cost: Free, donations appreciated

Homebound meals provides a nutritionally balanced meal to homebound seniors 5 days a week. For those who can benefit, frozen weekend meals are also available. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.



INFORMATION & ASSISTANCE

Our Resource Specialist can answer questions and assist seniors, family members and caregivers of any age in obtaining a wide variety of information and services for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

JOB MATCH

Staff Contact: Barbara Thornton, Senior Center Aide

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names, no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

LEARN TO READ - NEW!!

Cost: Free

A retired school teacher has volunteered to teach those 55 and older to read at Senior Services. If you are interested in this service please call Senior Services for all the details. Instruction will be provided one on one. You must be 55 or older to qualify.

LEGAL AIDE

Cost: Free, donations appreciated

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

NOTARY SERVICE

Staff Contact: Beth Haire, Adm. Assistant or Ina Beavers, Prog. & Outreach Coordinator

Cost: Free

Time: By appointment only

We will provide free notary services to those 55

OTHER ONLINE PROGRAMS SERVICES

and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

REVERSE MORTGAGE COUNSELING

Time: By appointment only

See information under Senior Financial Care.

SENIOR FINANCIAL CARE

1st Tuesday of each month - 8:30am - 4:30pm - Media Room

Cost: \$10 for first visit - Subsequent visits based on a sliding scale (Fees may be waived if unable to pay)

Senior Financial Care is a program of Consumer Credit Counseling Service of Forsyth County. They provide personal budgeting & monthly expense management, credit and debt repayment counseling, reverse mortgage counseling, and fraud awareness and prevention counseling. For more information you may call them directly at 336-896-1328.

SHIP - (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, SHIP Coordinator

Cost: Free

Time: Wednesday afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

SHREDDER

(Available at Mocksville Site)

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.



VIAL OF LIFE

Cost: Free

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

VIDEO EYE

(Available at Mocksville Site)

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. The machine is available anytime there is a free room.



Support Groups

ALZHEIMER'S SUPPORT GROUP

2nd Tuesday of each month - 6:30pm - Classroom B - (Oct. 11, Nov. 8, Dec. 13)

Facilitator: Kelly Sloan, Community Resource Specialist

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. This group is offered in conjunction with the Alzheimer's Association.

OTHER ONLINE PROGRAMS SERVICES



Trips - Day

Transportation can be provided to the 1st 22 who sign up. There is a \$5.00 charge for transportation for each trip. Each person going on a trip must sign up in person at either the Mocksville or Farmington site.

All participants buy their own lunch.

See staff for complete trip rules.

EACH PARTICIPANT MUST SIGN UP IN PERSON.

OCTOBER 4 - INTERNATIONAL CIVIL RIGHTS MUSEUM - GREENSBORO, NC

Tuesday, October 4 - Departure time 9:15am, Approximate return time 3:00pm

Cost: \$5.00 for transportation

\$8.00 for museum

Money for lunch

One of the most significant protests of the civil rights movement took place at the Woolworth's Lunch Counter in Greensboro. The sit-in that occurred there was the focus of national publicity. This site has now been turned into a museum, complete with the original lunch counter and much more. Sign up starts August 15.

NOVEMBER 1 - PRICE OF FREEDOM MUSEUM, CHINA GROVE

Tuesday, November 1 - Departure time 9:15am, approximate return time 2:30pm

Cost: \$5.00 for transportation

No charge for museum, but donations are accepted

Money for lunch

In honor of Veteran's Day we will visit this museum in China Grove. Once a school, the museum is now an American war memorial. It started as a private collection of uniforms and military memories and has expanded to over 5,000 artifacts covering all of the Armed Services. We will stop for lunch at K&W. Sign up starts September 15.

DECEMBER 6 - GERTRUDE SMITH HOUSE, MT. AIRY, NC

Tuesday, December 6 - Departure time

9:30am, Approximate return time 3:00pm

Cost: \$5.00 for transportation

Money for lunch

This Victorian style home was built in 1903 and was turned into a "living" museum upon the passing of the last owner, Gertrude Smith. There are special musical programs and exhibitis on display, as well as historical fashion dolls created by couture artist Pete Ballard. Christmas is a special time as the home is decorated in a Victorian style. We will eat lunch at The Blue Bird Diner and Ice Cream Parlor. Sign up starts October 14.

JANUARY 3 - MYSTERY TRIP

Tuesday, January 3 - Departure time TBA

Cost: \$5.00 for transportation

Money for lunch

We're not telling where we are going, but we are sure you will have a great time. Sign up starts November 15.





Trips - Extended

MYRTLE BEACH, SC

Tuesday - Thursday, November 15 - 17

Prices: \$353 - Single

\$299 - Double (per person)

\$285 - Triple (per person)

\$277 - Quad (per person)

Trip Leader: Barbara Thornton

To kick off the Holiday Season we will travel to the ever-popular Myrtle Beach area. Price includes the following:

Tuesday, November 15

- Lunch at Horry-Georgetown Technical College
 - Legends in Concert

Wednesday, November 16

- Breakfast at hotel
- Tour Georgetown, SC with step-on guide
 - Tour Rice Museum in Georgetown
 - Dinner at Original Benjamin's
- "Christmas on Ice" at Palace Theater

Thursday, November 17

- Breakfast at hotel
- Ripley's Aquarium, Festival of Trees and Holiday Scavenger Hunt
- Ripley's Afternoon Tea (Only if 30 or more go on trip. If we have less than 30 we will have lunch somewhere else)

Price also includes hotel accommodations at Monterey Bay Suites and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is September 30. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.

BETHLEHEM, PA -

"THE CHRISTMAS CITY"

Wednesday - Friday - December 7 - 9

Prices: \$499.00 - single

\$413.00 - double (per person)

\$388.00 - triple (per person)

\$379.00 - quad (per person)

Trip Leader - Barbara Thornton

For our Christmas trip we will visit Bethlehem, PA.

Price includes the following:

Wednesday, Dec. 7

- Dinner at The Foundry
- Bethlehem by Night Bus Tour (with costumed step on guide)

Thursday, Dec. 8

- Breakfast at hotel
- "Bethlehem, the Christmas City" at ArtsQuest Center at SteelStacks (film about the story of Bethlehem, PA)
- Christkindlmarkt (considered one of the top holiday markets in the world)
 - Lunch at Historic Bethlehem Hotel
- "Old-fashioned Moravian Christmas" at Central Moravian Church (Performance tells the story of the early Moravians in Bethlehem as they share the true meaning of Christmas. Features the Mainstreet Brass Quartet, the Central Moravian Church Choir and the Moller/Walker pipe organ)
 - Shopping on historic Main Street
- Moravian Museum, located in Gemeinhaus, the oldest building in Bethlehem
- Central Moravian Church Christmas Putz (A Moravian tradition telling the story of Christ's birth through music, narration, tiny lights and small antique German figurines)
 - Dinner at Old Country Buffet
- Optional visit to Sands Hotel & Casino

Friday, December 9

- Breakfast at hotel

Price also includes hotel accommodations at the Best Western Hotel and travel on motor coach. Reservations can be made with your \$50.00 deposit. Deadline for registration is October 21. Final trip payment is due at that time as well. See staff member for complete rules regarding trips.



Volunteer Opportunities

BASIC VOLUNTEER INFORMATION

All Senior Services volunteers receive training & orientation before beginning any assignment. Training varies with each opportunity. Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian. Each volunteer will receive a job description & a handbook. Volunteers are recognized each year at our Appreciation Dinner.

BUDDY PROGRAM

Staff Contact: Tracy O'Neal, Morning Receptionist

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes".

CLASS INSTRUCTORS

Staff Contact: Kim Shuskey, Director

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors can be compensated for their time if needed.

FUNDRAISING COMMITTEE

Staff Contact: Kim Shuskey, Director

This newly formed committee will assist with fundraising projects for Senior Services throughout the year. If you are interested in serving, call to find out when the next meeting is scheduled.

FRIENDLY VISITORS

Staff Contact: Kelly Sloan, Community Resource Specialist

Our Friendly Visitor program matches up volunteers who agree to visit socially isolated seniors on a regular basis. One hour visits every other week & a phone call the week between are required. More visits encouraged.

FRONT DESK VOLUNTEERS

Staff Contact: Kim Shuskey, Director

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

HOMEBOUND MEAL DRIVERS

Staff Contact: Nancy Luckey, Nutrition Program Coordinator

Drivers deliver meals to homebound seniors. It takes approximately 1 1/2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid.

OFFICE HELP

Staff Contact: Beth Haire, Adm. Asst.

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

SHIP (Seniors' Health Insurance Information Program)

Staff Contact: Tracy O'Neal, SHIP Coordinator

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

SPECIAL EVENT ASSISTANCE

Staff Contact: Ina Beavers, Program & Outreach Coordinator

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

CLASSES □ ACTIVITIES - □ FARMINGTON SITE

Our Farmington site is located in the
Farmington Community Center,
1723 Farmington Rd. Hours are
Monday - Friday 10:00am - 1:00pm.
Phone number is 998-3730.



Ongoing Activities

TRAVEL TIME

Every 2nd Monday - 10:30am (Oct. 10, Nov. 14, Dec. 12)

Each month someone will share their travel experiences with the group. This is as good as going there, without the expense of the gas!!

GARDENING

Tuesdays & Thursdays - 10am (In Season)

If you have a green thumb, why not help out in the garden? Gardening tools are available, or you can bring your own.

MUSIC WITH CAROLYN

Every 1st Tuesday - 10:30am (Oct. 4, Nov. 1, Dec. 6)

Carolyn Smith will entertain us the first Tuesday of each month with music.

BLOOD PRESSURE SCREENINGS

**Every 3rd Wednesday - 10:30am
(Oct. 19, Nov. 16, Dec. 21)**

A trained professional will take your blood pressure at no charge.

ART WITH BRUCE

**Every 2nd Thursday - 10:30am
(Oct. 13, Nov. 10, Dec. 8)**

Artist Bruce White, from Mountain Design Art, will come once a month to do an art project with the group.

CRAFTS WITH KAY

**Last Wednesday of each Month - 10:30am
(Oct. 26, Nov. 30, Dec. 28)**

Cost: Free

Each month Kay Kilby will present a new craft. This is a great chance to learn some new skills.

GAMES

Every Friday - 10:30am

We bring out the games each Friday for some fun and friendly competition. There are a variety of games from which to choose.

LUNCH

Monday - Friday - 11:30am

Staff Contact: Janet Ball, Nutrition Site Manager

Cost: Free, donations appreciated

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$4.76. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.



Special Events

ENERGY EFFICIENCY TOOLS AND TIPS

Wednesday, October 5 - 10:30am

Speaker: Randy Welch, Duke Energy

RSVP by Sept. 28

Learn how to save energy and money.

Limited to the first 25 to register.

ALL THINGS APPLES



Tuesday, October 11 - 10:30am

RSVP by Oct. 4

It is apple season. Learn all about these delicious treats and enjoy eating them as well.

Limited to the first 25 to register.

MEDITATION FOR STRESS RELIEF

Monday, October 17 - 10:30am

Speaker: Dee Bradford

RSVP by Oct. 10

Learn this relaxing, helpful way to de-stress.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

CLASSES □ ACTIVITIES - □ ARMIN □ TON SITE

FLU SHOTS

Thursday, October 20 - 10:00am - 1:00pm

By Appointment Only

Cost: See below

Be sure to get your flu shot to avoid getting sick. You must have an appointment to get your shot. Shots are free for the following insurance holders:

- Medicare Part B
- PFFS type Medicare Advantage Plans
- Aetna
- BCBS of MA
- Blue Cross Blue Shield of North Carolina
- Humana Gold Choice
- National Union Fire Insurance (Pearce Administration)
- Premera Blue Cross
- SummaCare
- Todays Options
- Universal Health Care

You must bring your insurance card in with you. If you do not have one of these insurances, the cost will be \$30.00 for the flu shot & \$65.00 for the pneumonia shot. Shots will also be given at the Mocksville site on Oct. 11 & 21.



PUMPKIN CARVING WITH TIM

Thursday, October 27 - 10:30am

RSVP by Oct. 20

See expert carver Tim Trudgeon carve delightful faces out of pumpkins.

Limited to the first 25 to register.

LEARN MORE ABOUT THE COMMUNICATIONS DEPARTMENT

Wednesday, November 2 - 10:30am

Speaker: Ronnie Robertson, Communications Director

RSVP by Oct. 26

Our spotlight on county agencies continues with the Communications Dept. Learn more about their role & their new building.

Limited to the first 25 to register.

PANTRY BINGO

Tuesday, November 8 - 10:30am

Cost: Free

RSVP by: Nov. 1

Our quarterly pantry bingo will allow you to win

useful items that you actually need.

Limited to the first 25 to register.

CROHN'S DISEASE & COLITIS SEMINAR

Thursday, November 17 - 10:30am

Speaker: Franklin Tolbert, MD, Hillsdale Family Practice

RSVP by Nov. 10

Colitis is defined as inflammation of the colon. Crohn's Disease is one cause of that disorder. Get all the information you need at this informative seminar.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.



THANKSGIVING CELEBRATION

Tuesday, November 22 -

10:30am

RSVP by Nov. 15

Celebrate all your reasons to be thankful at this celebration.

Limited to the first 25 to register.

PART D ENROLLMENT DAY

Tuesday, November 29 - 10:00am - 1:00pm

- by appointment only

RSVP by Nov. 22

Trained SHIP counselors will help you enroll in or make changes to Medicare Part D. This day is only for Part D and "Extra Help" assistance. All other Medicare help should be scheduled with a counselor at another time.

MOVIE - "THE SHUNNING"

Monday, December 5 - 10:30am

RSVP by Nov. 28

About to embark on an arranged marriage with the bishop of her Amish community, 19-year-old Katie realizes she can't go through with it when she learns she's adopted -- that is, not truly Amish. Now, she must face the silent wrath of her community. This film is not rated.

Limited to the first 25 to register.

CLASSES □ ACTIVITIES - □ ARMIN □ TON SITE

SEASONAL AFFECTIVE DISORDER

Tuesday, December 13 - 10:30am

Speaker: Amanda Davis, LPC of CareNet Counseling

RSVP by Dec. 6

Seasonal Affective Disorder is a mood disorder in which people who have normal mental health throughout most of the year experience depressive symptoms in the winter or summer, spring or autumn year after year. Learn more about SAD at this seminar.

Limited to the first 25 to register.

Qualifies for Destination Fitness drawing.

CHRISTMAS CELEBRATION

Thursday, December 22 - 10:30am

RSVP by Dec. 15

Join your friends for a celebration of the Christmas season.

Limited to the first 25 to register.

FRUGAL BUDGETING FOR DIFFICULT TIMES

Thursday, Dec. 29 - 10:30am

Speaker: To Be Announced

RSVP by Dec. 22

These days many of us are having to budget our money better than ever. Learn some tips to help your money go farther.

Limited to the first 25 to register.

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October

- Oct. 4 - Music with Carolyn - 10:30am
- Oct. 5 - Energy Efficiency Tips & Tools - 10:30am
- Oct. 10 - Travel Time - 10:30am
- Oct. 11 - All Things Apples - 10:30am
- Oct. 13 - Art With Bruce - 10:30am
- Oct. 17 - Meditation for Stress Relief - 10:30am
- Oct. 19 - Blood Pressure Screens - 10:30am
- Oct. 20 - Flu Shots - 10:00am - 1:00pm
- Oct. 26 - Craft Day - 10:30am
- Oct. 27 - Pumpkin Carving with Tim - 10:30am

November

- Nov. 1 - Music With Carolyn - 10:30am
- Nov. 2 - Learn More about the Communications Dept - 10:30am
- Nov. 8 - Pantry Bingo - 10:30am
- Nov. 10 - Art With Bruce - 10:30am
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 14 - Travel Time - 10:30am
- Nov. 16 - Blood Pressure Screens - 10:30am
- Nov. 17 - Crohn's Disease & Colitis - 10:30am
- Nov. 22 - Thanksgiving Celebration - 10:30am
- Nov. 24 & 25 - CLOSED FOR THANKSGIVING
- Nov. 29 - Part D Enrollment Help - 10:30am
- Nov. 30 - Craft Day - 10:30am

December

- Dec. 5 - Movie - "The Shunning" - 10:30am
- Dec. 6 - Music with Carolyn - 10:30am
- Dec. 8 - Art With Bruce - 10:30am
- Dec. 12 - Travel Time - 10:30am
- Dec. 13 - Seasonal Affective Disorder Seminar - 10:30am
- Dec. 21 - BP Screens - 10:30am
- Dec. 22 - Christmas Celebration - 10:30am
- Dec. 23 & 26 - CLOSED FOR CHRISTMAS
- Dec. 28 - Craft Day - 10:30am
- Dec. 29 - Frugal Budgeting - 10:30am

October

- Oct. 3 - Ask the Doctor - 10:45am
- Oct. 3 - Living Healthy Classes start - 1:00pm
- Oct. 3 - New Yoga session starts - 1:00pm - Must pre-register
- Oct. 3 - New Yoga session starts - 2:00pm - Must pre-register
- Oct. 3 - New Yoga session starts - 3:00pm - Must pre-register
- Oct. 3 - Email Level 1 Class begins - 3 - 5pm
- Oct. 3 - Piedmont Power Assoc. - 7:00pm
- Oct. 4 - Senior Financial Care - 8:30am - 4:30pm - By appt. only
- Oct. 4 - Day Trip - International Civil Rights Museum - Depart at 9:15am
- Oct. 4 - Blood Pressure Screens - 10:45am
- Oct. 4 - Massage Therapy - 1:00pm - 4:00pm - by appt. only
- Oct. 5 - New Yoga session starts - 10:00am - Must pre-register
- Oct. 5 - Duplicate Bridge - 2:00pm
- Oct. 7 - Handbells - 10:00am
- Oct. 7 - Fall Fest at Davie Place - 12:30pm
- Oct. 11 - Flu Shots - 9am - 3pm - By appt. only
- Oct. 11 - Scrapbooking - 2:00pm
- Oct. 11 - Alzheimer's Support Group - 6:30pm
- Oct. 12 - Duplicate Bridge - 2:00pm
- Oct. 12 - Fall Fest at Bermuda Commons - 2:30pm
- Oct. 13 - Knitting/Crocheting Group - 1pm
- Oct. 13 - Overactive Bladder Seminar - 1pm
- Oct. 13 - Computer Basics Class starts - 6pm
- Oct. 17 - Destination Fitness Testing - 9:30am - 11:00am
- Oct. 17 - Monthly Movie - "Secondhand Lions" - 2:00pm
- Oct. 17 - Computer Basics Class starts - 3:00pm
- Oct. 17 - Quilt Guild - 6:30pm
- Oct. 18 - Massage Therapy - 9:30am - 4:00pm - by appt. only
- Oct. 18 - Senior Lunch - 11:30am

- Oct. 18 - Matter of Balance starts - 2:00pm
- Oct. 18 - Senior Book Club - 2:30pm
- Oct. 19 - Fall Fest at Autumn Care - 10:30am
- Oct. 21 - Flu Shots - 9am - 12pm - By appt. only
- Oct. 21 - Beginner's Genealogy Class starts - 10:00am
- Oct. 25 - Theatre Club - 1:00pm
- Oct. 25 - Halloween Party - 6:00pm
- Oct. 26 - Intergenerational Movie - "Megamind" - 2:00pm
- Oct. 27 - Knitting/Crocheting Group - 1pm
- Oct. 28 - Andy Griffith Show - 10:30am
- Oct. 28 - Part D Enrollment Day - 1:00 - 5:00pm - By appt. only

November

- Nov. 1 - Senior Financial Care - 8:30am - 4:30pm - By appt. only
- Nov. 1 - Day Trip - Price of Freedom Museum - Departure time 9:15am
- Nov. 1 - Blood Pressure Screen - 10:45am
- Nov. 1 - Massage Therapy - 1:00pm - 4:00pm - By appt. only
- Nov. 2 - Duplicate Bridge - 2:00pm
- Nov. 3 - Christmas Ornament Craft - 1:00pm
- Nov. 4 - Handbells - 10:00am
- Nov. 7 - Ask the Doctor - 10:45am
- Nov. 7 - Latest Info. on Alzh. Disease - 1pm
- Nov. 7 - Piedmont Power Assoc. - 7:00pm
- Nov. 8 - Scrapbooking - 2:00pm
- Nov. 8 - Alzheimer's Support Group - 6:30pm
- Nov. 9 - Duplicate Bridge - 2:00pm
- Nov. 10 - Veteran's Lunch - 1:00pm
- Nov. 10 - Veteran's Dinner - 5:30pm
- Nov. 11 - CLOSED FOR VETERAN'S DAY
- Nov. 14 - Email Level 1 Class starts - 6:00pm
- Nov. 15 - Massage Therapy - 9:30 - 4:00 - by appt. only

- Nov. 15 - Senior Book Club - 2:30pm
- Nov. 15 - Caregiver's Thanksgiving Dinner - 5:30pm
- Nov. 15 - Nov. 17 - Myrtle Beach, SC Extended Trip
- Nov. 16 - Lunch With the Commissioners - 12:00pm
- Nov. 18 - Part D Enrollment Day - 1:00 - 5:00 - By appt. only
- Nov. 21 - Dest. Fitness Testing - 9:30 - 11am
- Nov. 21 - Monthly Movie - "Secretariat" - 2:00pm
- Nov. 21 - Quilt Guild - 6:30pm
- Nov. 22 - Theatre Club - 1:00pm
- Nov. 22 - Advisory Council - 3:00pm
- Nov. 24 - 27 - CLOSED FOR THANKSGIVING
- Nov. 29 - Beginning Computer class starts - 4:00pm
- Nov. 30 - Bingo - 1:00pm

December

- Dec. 1 - Goodbye Food Pyramid Seminar - 1:00pm
- Dec. 2 - Handbells - 10:00am
- Dec. 5 - Ask the Doctor - 10:45am
- Dec. 5 - Piedmont Power Association - 7:00pm
- Dec. 6 - Senior Financial Care - 8:30 - 4:30 - by appt. only
- Dec. 6 - Day Trip - Gertrude Smith House - Departure Time - 9:30am
- Dec. 6 - Blood Pressure Screen - 10:45am
- Dec. 6 - Massage Therapy - 1:00 - 4:00pm - By appt. only
- Dec. 7 - Duplicate Bridge - 2:00pm
- Dec. 7 - 9 - Bethlehem, PA Extended Trip
- Dec. 8 - Knitting/Crocheting Group - 1pm
- Dec. 9 - Dest. Fitness Breakfast - 9:00am
- Dec. 13 - Scrapbooking - 2:00pm
- Dec. 13 - Alzheimer's Support Group - 6:30pm

- Dec. 14 - Duplicate Bridge - 2:00pm
- Dec. 16 - Christmas Party - 2:00pm
- Dec. 19 - Destination Fitness Testing - 9:30 - 11:00am
- Dec. 19 - Monthly Movie - "Soul Surfer" - 2:00pm
- Dec. 19 - Quilt Guild - 6:30pm
- Dec. 20 - Massage Therapy - 9:30am - 4:00pm -by appt. only
- Dec. 20 - Veteran's Social - 10:30am
- Dec. 20 - Senior Book Club - 2:30pm
- Dec. 22 - Knitting/Crocheting Group - 1pm
- Dec. 23 - Dec. 26 - CLOSED FOR CHRISTMAS
- Dec. 27 - Theatre Club - 1:00pm
- Dec. 29 - Dinner & a Movie - "True Grit" - 5:30pm
- Dec. 31 - Jan. 2 - CLOSED FOR NEW YEAR'S

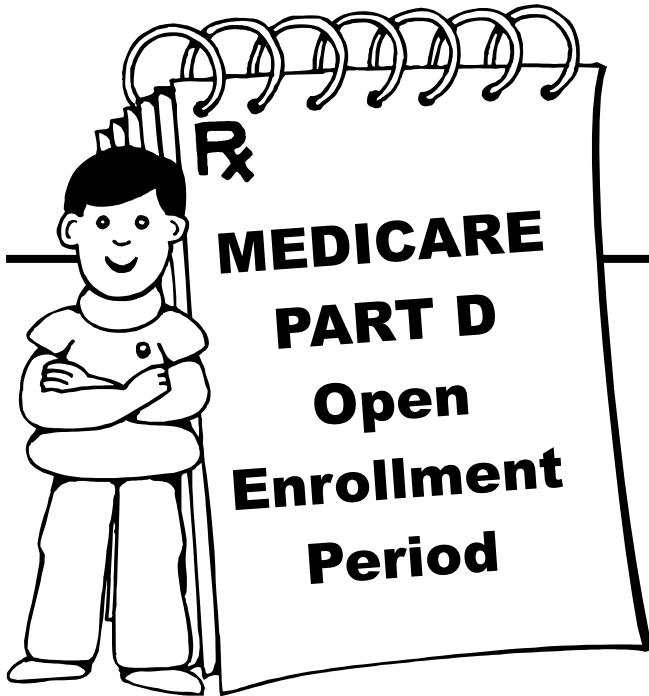


Senior Services will be closed for the following Holidays:

- Friday, November 11 for Veteran's Day
- Thursday, November 24 - Sunday, November 27 for Thanksgiving
- Friday, December 23 - Monday, December 26 for Christmas
- Saturday, December 31 - Monday, January 2 for New Year's



DO YOU NEED HELP?



In 2011 the Open Enrollment Period for Medicare Prescription Drug Programs has changed to Oct. 15 - Dec. 7. During this time people with Medicare may enroll in or change their Prescription Drug

Coverage. As part of the NC Dept. of Insurance, the **Seniors' Health Insurance Information Program (SHIIP)** has experts trained to help you do this.

There is also federal assistance for those with Medicare who have limited resources and income. If you qualify you can receive assistance to help pay for premiums, deductibles and prescription co-payments.

A counselor can help you choose the plan that best meets your needs and also help you to apply for assistance if you qualify.

Call **Davie County Senior Services** at **336-753-6230**.



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ADDRESS SERVICE REQUESTED



New Things to Look For:

Our newsletter has gotten pretty large so we didn't want these new offerings to get lost in the shuffle. Be sure to read more information about these on the page specified:

- ✓ All special events at Mocksville site - pages 2 - 9
- ✓ All special events at Farmington site - pages 22 - 24
- ✓ Learn to Read - pg. 17

Call Senior Services at 753-6230 for more information or to register for any of these events or anything else in the newsletter.

***It is the mission of Davie County Senior Services
to provide seniors with accessible services and opportunities for
fellowship, fun and learning, through activities and programs that enrich lives.***